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WELCOME TO THE FIRST ACADEMY O' FORDS

MAYOR GOES SOUTH TO PROMOTE T.O. AS 'HOLLYWOOD NORTH' PAGE 3

RRSP: Really Regretting my Spending Propensity

Today's the last day, so here's four last-minute rules for RRSP borrowing PAGE 10

Serial-killing capital right next door?

Western U criminologist writes in upcoming book that London, Ont., may have highest rate of serial killers in the world PAGE 6

Dynamite DeRozan lays Warriors low

Raptors all-star scores 32 points to get revenge after Toronto gave up a 27-point lead to Golden State back in December PAGE 20

NEWS WORTH SHARING.

Ukraine fears mass invasion

Crimea under Russian control. Nation gathers strength as West hopes for diplomatic solution

Warning that it was "on the brink of disaster," Ukraine put its military on high alert Sunday and appealed for international help to avoid what it feared was the possibility of a wider invasion by Russia.

Outrage mounted in world capitals, with U.S. Secretary of State John Kerry calling on President Vladimir Putin to pull back from "an incredible act of aggression."

A day after Russia captured the Crimean Peninsula without firing a shot, fears grew that Russia might seek to expand its control by seizing other parts of eastern Ukraine. Senior U.S. officials believe Russia has complete operational control of Crimea, a pro-Russian area of the country, and has more than 6,000 troops in the region.

World leaders rushed to try to find a diplomatic solution.

The U.S., France and Britain debated boycotting the next G8 economic summit, to be held in June in Sochi. The White House issued a joint statement on behalf of the G7 saying they are suspending summit planning.

Kerry, interviewed on U.S. TV news, talked about possible visa bans, asset freezes and trade and investment penalties against Russia.

Ukraine's new government moved to consolidate its authority, naming new regional governors in the pro-Russia east, enlisting the support of the country's wealthy businessmen and dismissing the head of the country's navy after he declared allegiance to the pro-Russian government in Crimea.

Russia has long wanted to reclaim the lush Crimean Peninsula, part of its territory until 1954. Russia's Black Sea Fleet pays Ukraine millions annually to be stationed at the port of Sevastopol and nearly 60 per cent of Crimea's residents identify themselves as Russian.

During a phone conversation Sunday with German Chancellor Angela Merkel, Putin "directed her attention to the unrelenting threat of violence from ultranationalist forces (in Ukraine) that endangered the life and legal interests of Russian citizens," according to a Kremlin statement.

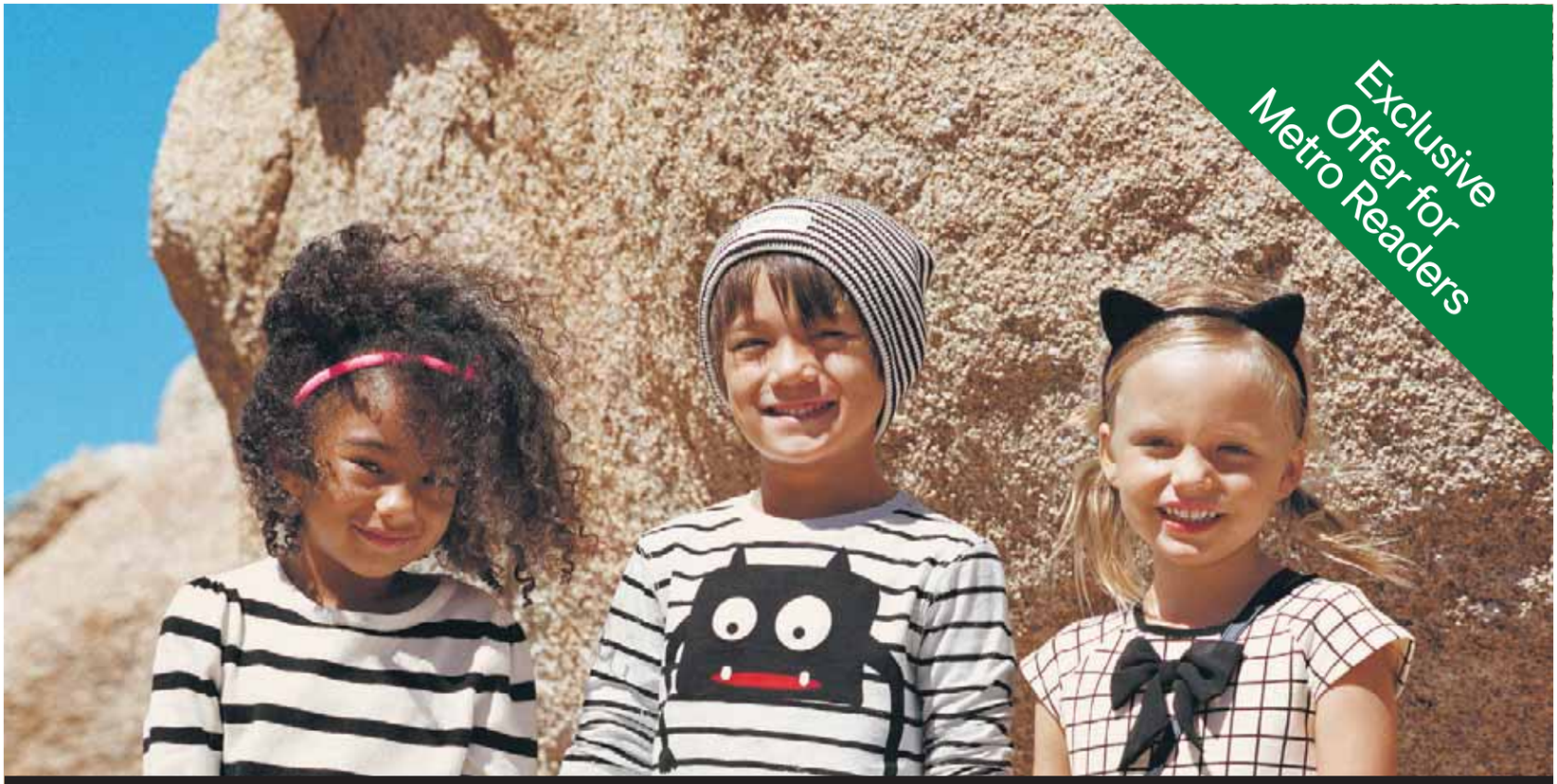
The speaker of Crimea's legislature was quoted as saying local authorities do not recognize the new government in Kyiv. He said a planned referendum on March 30 would ask voters about the region's future status. THE ASSOCIATED PRESS

FOR CANADA'S REACTION, SEE PAGE 8

Hundreds of Russian troops surrounded the Ukrainian military base in Perevalne on Sunday. The outnumbered Ukrainians placed a tank at the base's gate, leaving the two sides in a tense standoff. DARKO VOJINOVIC/THE ASSOCIATED PRESS

FIRST ONE'S A WINNER

Lupita Nyong'o accepts the award for best actress in a supporting role for her debut film 12 Years a Slave during the Oscars at the Dolby Theatre on Sunday in Los Angeles. More coverage, pages 13 and 14. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS



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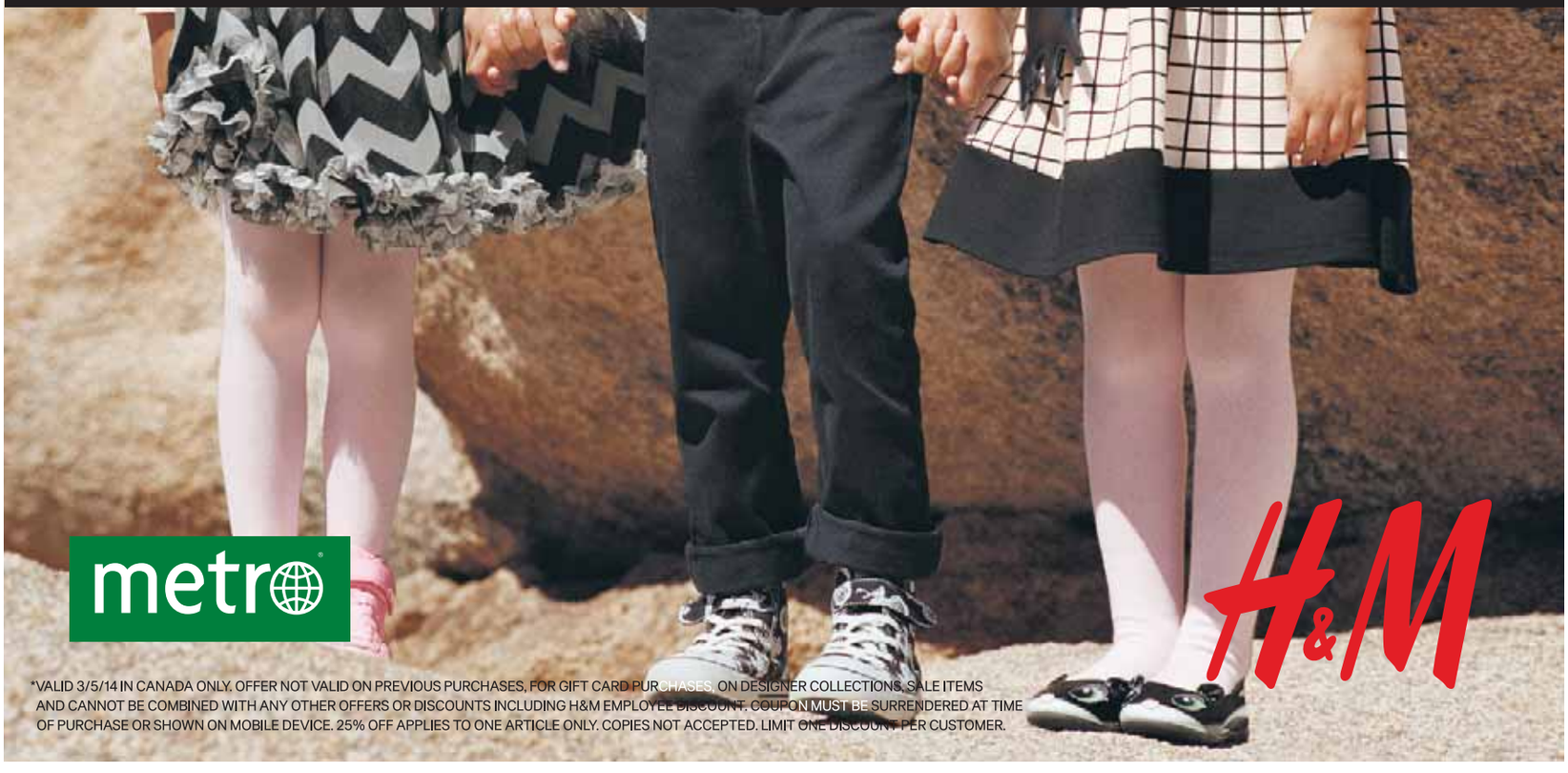

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Ford gets VIP treatment in L.A.

Walk of Fame

They love him, they really love him

Two women spotted Rob Ford on Hollywood Boulevard. One of them squealed. She demanded a photo.

Ford complied. A man stared. Then the man asked Ford a question.

"What movie were you in again?"

The mayor of Toronto quietly explained that he is the mayor of Toronto. The man, who goes by the name "Fifth Ave Dave," said, "Ohhh." One of the women yelled, "He's the f—ing mayor!" Someone yelled something about "crackhead" former Washington mayor Marion Barry.

Ford and entourage — chief of staff, press secretary, assistant; Coun. Doug Ford; third brother Randy Ford — started their walk in the direction of a waiting SUV driven by someone else.

Scene.

The mayor who says he is not a celebrity played one in Hollywood on a surreal Sunday. With the real stars inaccessible to the proletariat kept from the red carpet by barricades, the Canadian happily walking the Walk of Fame became a sub-marquee attraction unto himself.

The jaunt to Hollywood sits uneasily with the mayor's carefully cultivated everyman persona. Immediately after picking up his tuxedo for the post-Oscars festivities, Rob Ford told a Citytv interviewer that he is an "average, hard-working guy," not a celebrity.

TORSTAR NEWS SERVICE

DANIEL DALE/TORSTAR NEWS SERVICE

What do you know about Ford?

"I have a buddy that is from Canada, and it's quite a controversy over there. Drugs, man. I don't think that's good for any mayor to do. But I think he's a funny guy."

Evan Hughes, 19, California

"That he (has smoked crack). And that Toronto doesn't care about that."

Lorelei Curt, 42, California

INSTAGRAM

TWITTER

Kimmel plays host

Rob Ford touched down in Tinseltown on Saturday and was greeted by late-night talk-show jokester Jimmy Kimmel. Ford will appear on Kimmel's show, which has repeatedly ribbed the mayor, Monday.

- Rob Ford did not attend the Academy Awards, but Doug Ford told reporters he did aim to attend some post-Oscar parties.
- Rob Ford said that after many requests he finally agreed to be a guest on Kimmel's show because the host personally asked him.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE

By the numbers

$0

Coun. Doug Ford, seen picking up his clothes for post-Oscar festivities, told the CBC the costs for the trip were split between the family and Kimmel's show, and taxpayers wouldn't be paying "a penny of it." He said the California visit is meant to promote Toronto as "Hollywood north." The city's code of conduct for members of council prohibits many kinds of gifts, and airfare and hotel stays from Kimmel would represent a possible violation. Ford told the Torstar News Service he is sure everything was aboveboard, noting: "As long as the taxpayers aren't paying, it doesn't matter."

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Toronto and beyond.
Canada must do more for homeless youth: Report

Compared to other countries, Canada could be better at meeting the needs of homeless youth, according to a new report examining homelessness.

Unlike the United Kingdom and Australia, which address youth homelessness differently than adult homelessness, most Canadian municipalities treat the two issues similarly, said Stephen Gaetz, associate professor in the faculty of education at York University and director of the Homeless Hub.

"By continuing to emphasize emergency supports — as important as they are — rather than prevention or rapid rehousing, our strategy is simply to manage the problem," Gaetz said.

And that's not working. "Youth homelessness is distinct from adult ... it's not just an age difference," he said, adding homeless youth are thrust into adult roles before their time and the transition is often traumatic. For one, they often don't have the resources and support they need to be independent.

Youth land in shelters and "suddenly, they find themselves having to behave as adults," said Gaetz.

While he acknowledged there will always be a need for emergency services, they are not the solution, he said.

"For those who can no longer stay at home, we must develop a crisis response that allows them to rapidly move into housing, with the supports they need to help them transition to a healthy and fulfilling adulthood," the report said.

Among the report's recommendations is an integrated system of care that reconnects youth to their families if possible, offers outreach mental health and harm reduction programs as well as legal supports for youth in conflict with the law.

"Toronto's (solution) will be different from York Region's or Kenora. I'm positive it can happen because there is a lot of momentum in Canada," Gaetz said.

TORSTAR NEWS SERVICE

Baby it's cold outside ... just the way I like it

Nigel Heath, seen kite skiing on the Outer Channel Harbour off of Cherry Beach Sunday, is one Torontonian hoping for a few more cold and windy days. He'll likely get his wish, as forecasts show the city staying below 0 C for most of the week. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Transit Commission

Ont. against provincial takeover of TTC: Poll

Any provincial plans to take over the Toronto Transit Commission would be very unpopular with a plurality of Ontarians, according to a new poll by Forum Research.

Of 1,014 Ontarians sampled, 48 per cent said the province should not helm the TTC, while 26 per cent said it should. Another 26 per cent said they didn't know. People living in Toronto most readily backed a takeover (39 per cent for, 39 per cent against; 21 per cent didn't know), but support dropped off significantly as the sample included other Ontarians. TORSTAR NEWS SERVICE

Police warn residents

String of robberies target funeral-goers

They're the 21st century's grave robbers, swooping in to capitalize on grief and vulnerability when a family's defences are down.

Toronto and Halton police are warning of a spate of house burglaries staged while funeral services are in progress, saying thieves are scouring obituaries online and striking when they know a family will be elsewhere. It happened to Achilles Pelitis Jr., a Milton car dealer who returned from his father's burial only to find that his home had been broken into.

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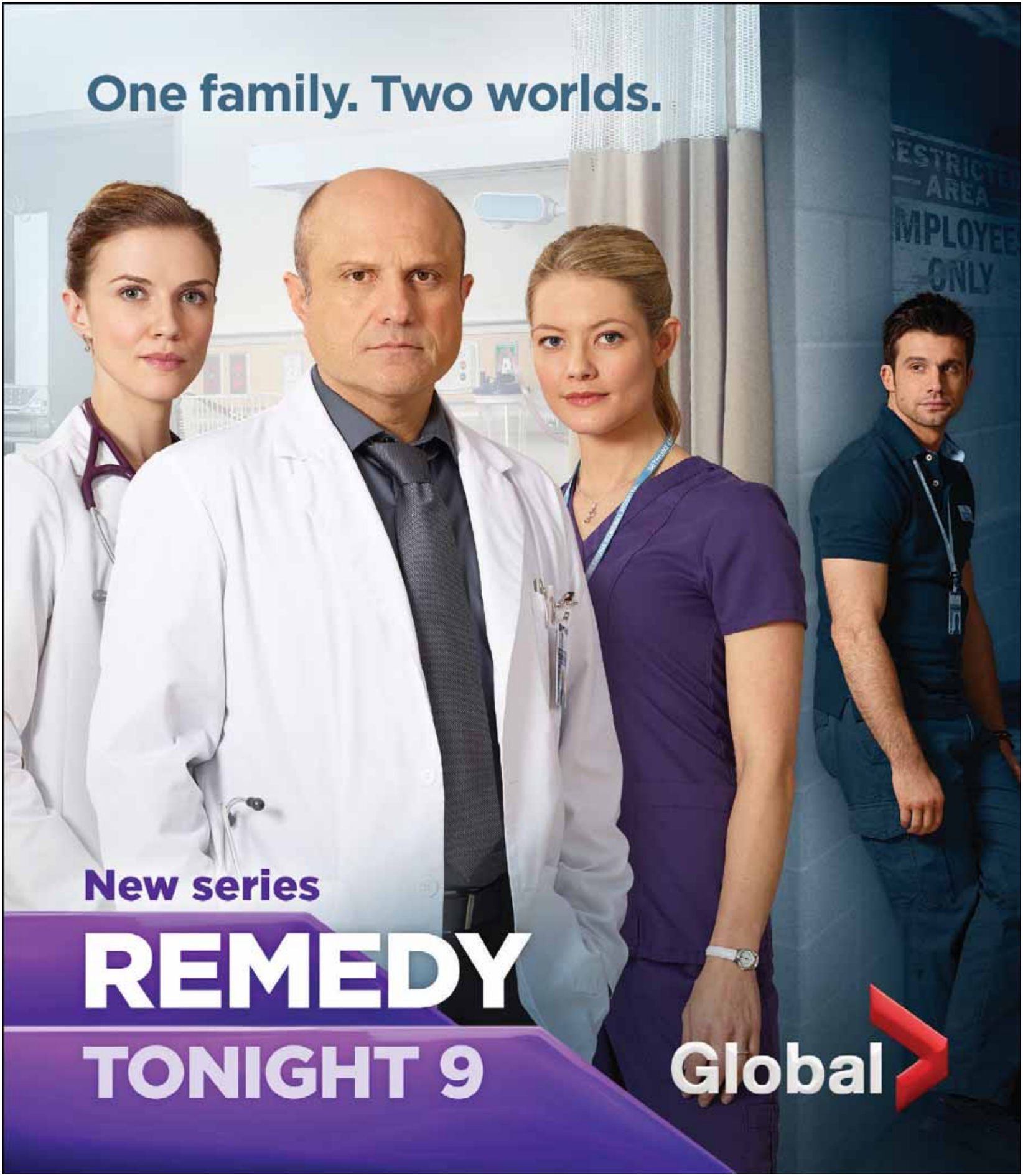
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Global

Ottawa student says she is a 'rape culture' victim

Apology not enough. Woman facing legal threats after speaking out against graphic Facebook conversation

Anne-Marie Roy, seen here in a 2013 rally in Ottawa. Roy is speaking out about an online conversation among five fellow students in which she was the target of sexually graphic banter. BEW POWLESS/THE CANADIAN PRESS

A University of Ottawa student union leader says an online conversation among five students in which she was the target of sexually graphic banter shows that "rape culture" is prevalent on Canadian campuses.

Anne-Marie Roy, 24, is going public despite threats of legal action by four of the male students. Roy — who received a copy of the conversation via an anonymous email — said she felt compelled to speak out, especially since the five were in positions of leadership on campus.

"They should be held accountable for those actions," said Roy, who heads the Student Federation of the University of Ottawa.

The conversation — a copy of which was obtained by The Canadian Press — included references to sexual activities some of the five individuals wrote they would like to engage in with Roy, as well as suggestions that she suffered from sexually transmitted diseases.

Roy said she received an emailed apology from the men, which emphasized that their comments were never actual threats against her, but she felt the apology wasn't enough. She planned to distribute copies of the conversation to the board of administration, which oversees the affairs of the student union, while asking the board to move a motion to "condemn" those involved.

After learning of Roy's plan, four of the five individuals sent her a letter warning her that the conversation was private and that sharing it with others would amount to a violation of their rights. THE CANADIAN PRESS

How many Jack the Rippers hide in the London (Ont.) fog?

Criminologist Mike Arntfield. MIKE DONACHIE/METRO IN LONDON, ONT.

London, Ont., is the serial killer capital of the world, a Western University expert claims in a shocking upcoming book.

Criminology professor Mike Arntfield says past London murders point towards unknown serial killers. Between 1960 and 1985, London had 32 homicide victims, all of them women and children, in cases that indicate serial killers could be involved.

Of those 32, 13 are attributed to three confirmed multiple murderers: Russell Johnson, the Balcony Killer; Gerald Archer, who was called the Chambermaid Slayer; and Christian McGee, known as the Mad Slasher.

But Arntfield says among the remaining 19, there are links. "We've identified a number that suggest the coexistence of two, and possibly three, others (serial killers) at that time," he said.

At a time when London had 200,000 to 250,000 people, having five or six serial killers was a high rate — "extraordinarily high," said Arntfield.

In fact, he says it's the highest rate of any city, based on the statistics available worldwide.

But why London? Arntfield says it's complicated, but factors include population demographics and London's distances from other cities. Being near the highway is a factor, too.

The full story will be revealed when Arntfield's book is published in the coming months.

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Baird rules out military response to 'Soviet-style' tactics in Ukraine

Sending a message. Harper says Canada is withdrawing its ambassador from Russia

The Harper government ramped up its denunciations of Russia on Sunday, threatening the potential for more sanctions even as it ruled out western military intervention to force Russian troops out of Ukraine.

Foreign Affairs Minister John Baird used some of the toughest language yet, describing Russia's incursion as "old Soviet-style" aggression and saying President Vladimir Putin's attempts to justify it are "absurd and ridiculous."

But, while he spoke of the possibility of further sanctions, including expelling Russia's ambassador to Canada, he ruled out a military response to the crisis by western nations.

"I don't think there's anyone talking about western military intervention, none of our friends or allies," Baird said Sunday in an interview with Global's West Block.

"What we are doing is working together to say in no uncertain terms that this is completely unacceptable and to condemn (it) in the strongest language possible."

Baird dismissed Russian arguments that it needs to protect its Black Sea naval fleet, which is based in Sevastopol on Ukraine's Crimean Peninsula, and the Russian-speaking population in that region.

On Saturday, Prime Minister Stephen Harper announced that Canada is withdrawing its ambassador from Russia and will boycott preparatory meetings of ministers and officials for the G8 summit, which is supposed to be held in June in Sochi, where the Winter Olympic games just ended.

THE CANADIAN PRESS

A woman sweeps away broken glass as two unidentified armed men guard the entrance to the local government building in downtown Simferopol, Ukraine on Sunday. A convoy of hundreds of Russian troops headed toward the regional capital of Crimea on Sunday, a day after Russia's forces took over the strategic Black Sea peninsula without firing a shot. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Syria

Journalist released

A Spanish journalist kidnapped by militants from a breakaway al-Qaida group in Syria crossed the border into Turkey on Sunday, his newspaper reported.

The news of the reporter's freedom came as his captors, fighters from the Islamic State of Iraq and the Levant, fled areas near the Turkish border, leaving behind at least two mass graves, with one containing 17 bodies, activists said.

THE ASSOCIATED PRESS

Egypt

PM urges end to strikes, protests

Egypt's new prime minister on Sunday urged a halt to protests and strikes to give the nation a breather to rebuild after more than three years of deadly turmoil, a call made by his predecessors to no avail.

THE ASSOCIATED PRESS

Ultra-Orthodox protest military service

Hundreds of thousands of ultra-Orthodox Jews paralyzed Jerusalem Sunday to rally against plans to force them to serve in the Israeli military, which is mandatory for secular Jews. ODED BALILTY/THE ASSOCIATED PRESS

China blames Uighurs for slashing rampage

Separatists accused. Twenty-nine people killed, four attackers shot dead by police

Chinese authorities on Sunday blamed a slashing rampage that killed 29 people and wounded 143 at a train station in southern China on separatists from the country's far west.

Witnesses described assailants dressed in black storming the train station late Saturday evening and slashing people indiscriminately with large knives and machetes.

Most attacks blamed on Uighur separatists take place in the western province of Xinjiang, but Saturday's assault happened more than 1,500 kilometres to the southeast in Yunnan, which has not had a history of such unrest. THE ASSOCIATED PRESS

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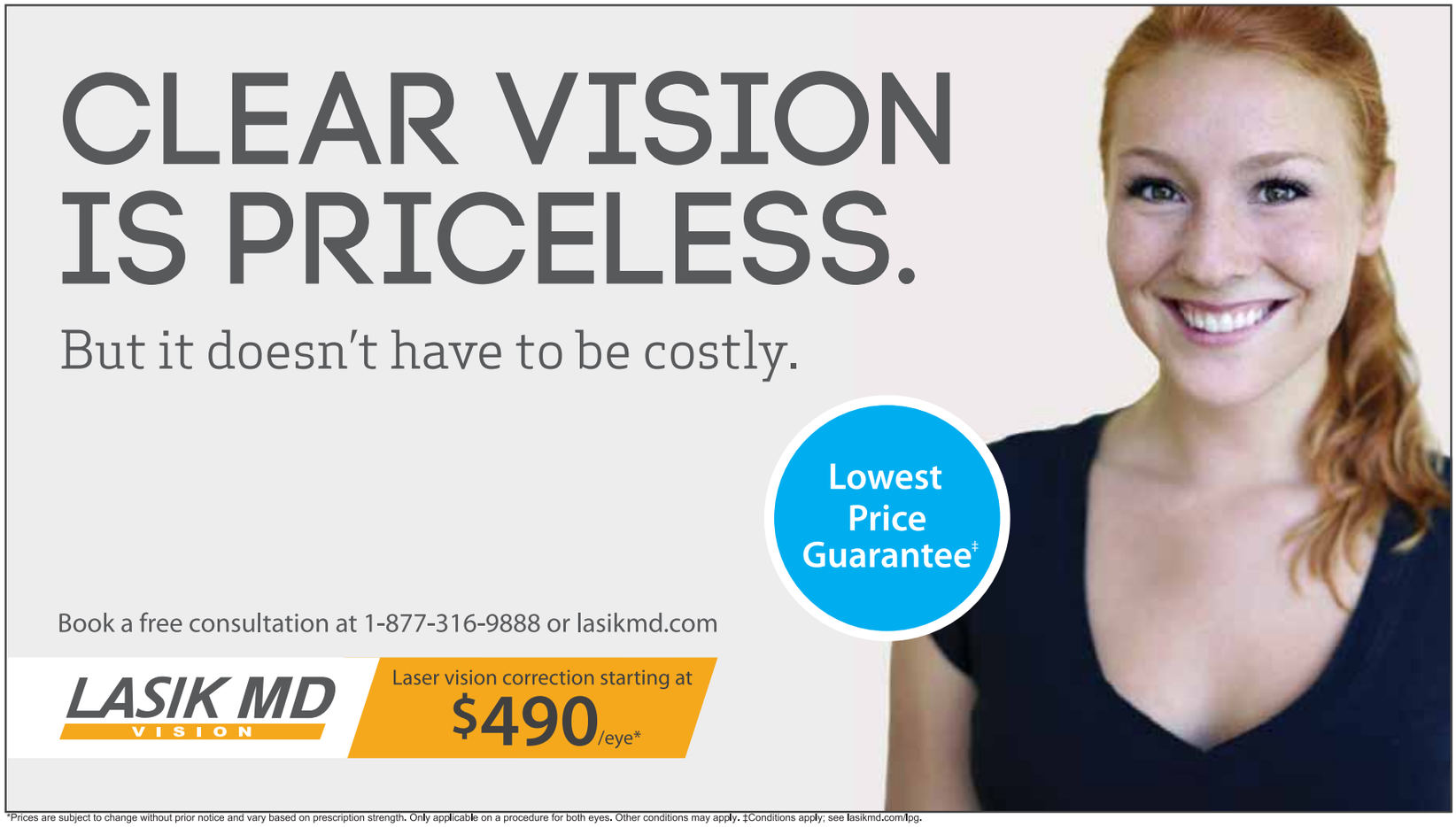

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London Travel Mar 17 - Mar 24/ts/fi	$710	$2330
Paris Travel Apr 26 - May 4/ts/ba	$785	$3439
Hong Kong Travel May 13 - May 27/jl/ke	$985	$4459
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Orlando Travel Apr 4 - Apr 18/ts	$341
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NOMINATED for nine Academy Awards, 12 Years a Slave is the inspiration for this Louisiana vacation. Experience the rich culture of New Orleans and stay in the historic French Quarter. Departs Mar 31/ggv/dl. **ADD** Oak Valley Plantation tour from $89.

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Corruption scandal hits Turkey

Cars wait for the green light on a main road covered with fake banknotes in Ankara, Turkey on Saturday, after members of the main opposition Republican People's Party threw fake euro bills into the air during an anti-government protest denouncing a corruption scandal that has shaken Prime Minister Recep Tayyip Erdogan's government. Protesters shouted "there's a thief!" as they distributed about 30 million fake bills, a day after five remaining suspects jailed in a vast corruption investigation (including two former ministers' sons and a businessman suspected of bribery and illicit money transfers to Iran) were released on parole pending trial. BURHAN OZBILICI/THE ASSOCIATED PRESS

Four rules to RRSP game

HOW TO ROLL
Alison Griffiths
metronews.ca

It's today! The RRSP contribution deadline for the 2013 tax year ends at midnight. And here you are, among the more than 75 per cent of eligible Canadians who haven't made an RRSP contribution.

Don't let another year pass without capitalizing on just about the only tax deduction for working folk. Before you sign on the dotted line, here are four RRSP loan rules.

1. Have a taxable income
There is no point in borrowing to contribute if it provides no tax advantage to offset the loan costs. Contribute by all means, if it makes sense for retirement planning and to carry the deduction forward to higher earning years. But don't saddle yourself with debt to do so.

2. Pay it back in one year
Don't let the fact that the money is going into your RRSP confuse things. It's a debt and must be paid off. With just hours to go, consider this: If you weren't able to save enough during the year for regular contributions, how are you going to pay off the loan over the next year?

If you can't get rid of the debt within the next 12 months, think hard about how you will avoid being pulled into a cycle of debt-contribution-debt for future years.

3. Direct the tax refund at the loan
Come tax-refund time there are always demands on those dollars but they should go to pay off the RRSP loan. Without fail, every time I've seen the borrow-to-contribute strategy go off the rails it starts with the failure to use the refund to pay down the loan.

4. Work on a savings plan
Let's face it. Failure to contribute to an RRSP means something is wrong with your financial plan. It's time to butt heads with your budget and figure out why your retirement saving is not on track.

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trace@psych.ryerson.ca or 416-979-5000 ext. 2183.

CEO insists

Apple has 'a ton of stuff going on'

Apple CEO Tim Cook is still trying to convince shareholders that the iPhone maker remains a step ahead in the race to innovate, even though recent performance of Apple's stock lags behind other tech trendsetters.

At its annual shareholder meeting at the company's California headquarters Cook said Apple is working on new gadgets that will expand its product line-up without divulging any details. THE ASSOCIATED PRESS

WHICH CONSERVATIVE MAYOR?

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

If you like candidates who describe themselves as conservative, boy has Toronto ever got the election for you.

With both Karen Stintz and John Tory officially signing up to join Rob Ford and David Soknacki last week, there are now four major right-of-centre candidates in the race for Toronto's top office. It's a situation that already has some pundits worrying about vote-splitting, fearful that a fractured electorate will pretty much hand the mayor's job to Olivia Chow in October.

But any attempt to quickly "unite the right" in Toronto this year isn't likely to get very far. After a full term of Ford politics, during which a lot of local right-wingers who should have known better were content to let Ford carry their flag, it's hard to even know what the word "conservative" means in this town. It's a damaged brand, and so there's a rush of would-be mayors jumping into the fray in the hopes of defining a new kind of Toronto conservatism.

They're all taking a different approach. Stintz, for example, is positioning herself as Mayor Mom, talking up her ability to relate with tales of mortgages and her kids' soccer games. The positive approach is good, but she sure risks coming off as pandering.

Tory, meanwhile, has taken a more business-oriented approach. His platform so far is limited to repeating the words "livable, affordable, functional." The subtext there isn't hard to read, especially with his emphasis on the word "functional." If Ford's 2010 campaign was about stopping David Miller's gravy train, Tory's is all about stopping Ford's crazy train.

Speaking of Ford, he is — somehow — still in the race, and still talking up his free-wheeling brand of right-wing politics. It's mostly based on discredited budget numbers, but Ford remains great at telling voters what they want to hear. He'll promise low property taxes and improved services. He'll rail against the evils of debt and revenue tools then vote to increase taxes and debt for a subway. For Ford, math is no obstacle.

Which contrasts him nicely with David Soknacki, who leans heavily on math that actually adds up. His approach is policy-heavy, nerdy and, well, boring. But it also harkens back to the days of pragmatic and sensibly efficient governments run by Progressive Conservatives like Bill Davis and David Crombie. They weren't splashy, but they were effective.

Soknacki faces an uphill road, but maybe 2014 is the year effectiveness trumps splashiness. Either way, the question conservative-minded voters will have to ask themselves over the next year is what exactly they want from their mayoral candidate. It won't be an easy choice, but it'll be an important one. This October, right-leaning Toronto voters will have a chance to redefine the word "conservative" for good.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Nothing funny about Polar Plunge

TASOS KATOPODIS/GETTY IMAGES

Tonight Show host takes a jump in lake

Jimmy Fallon participates in the Chicago Polar Plunge 2014 into Lake Michigan on Sunday in Chicago.

The Tonight Show host agreed to make the "plunge" with Mayor Rahm Emanuel as a condition for the mayor appearing on Fallon's show in New York, following an exchange of tweets and challenges.

The annual event draws several thousand hearty plungers to raise money for Special Olympics Chicago.

Emanuel said last summer that if the city's children read 2 million books as part of a Chicago Public Library program called Rahm's Readers, he'd jump in the lake. When it appeared that they had met the goal, Emanuel had to do it.

THE ASSOCIATED PRESS

Challenge prompted by Chicago mayor

When Emanuel heard that Fallon wanted him to appear on the late-night show that he took over in February from longtime host Jay Leno, the mayor called the comedian and challenged him to join in the plunge.

Fallon joked on his show Wednesday that he agreed to make the plunge before realizing what the plunge actually entailed.

He called it a "nightmare" but said he was a "man of my words."

He said Emanuel told him he had to "toughen up" before Emanuel would appear on his show.

The comedian's followers egged him to do it with a #JimmyPlungeWithUs campaign on Twitter.

THE ASSOCIATED PRESS

Clickbait

DYLAN ROBERTSON
Metro Online

Scoping out a new hairstyle? Maybe you're travelling soon and don't want to risk any salon miscommunications. Here are some apps that use a face photo to let you try on different hairstyles.

ModiFace Hairstyles:
This app allows women to try out 85 different styles in 20 colours, with photos of popular celebrity looks. (free, iOS)

Hair Salon:
This similar app lets women try out a variety of hairstyles. (free, Android)

Men's Hairstyles:
See your handsome mug in 240 different styles, including facial hair.
Probably the quickest way to try out a Santa beard or a crew cut. ($0.99, iOS)

CONTRIBUTED

Twitter

@metropicks asked: A fire dept is mad b/c a porn site took over their expired URL. What site would you take over and why?

@icubedca: We would take over http://www.cra-arc.gc.ca because we really admire their income.

@speirsr: I would take over MetroNews.ca, and then perhaps start a newspaper. (Psst. I lack imagination.)

@late2game: Snagged actionlondon.ca which was an astroturfing front for the development industry during the 2010 muni election.

Follow @metropicks

Comments

RE: Man Wakes Up In Body Bag At Funeral Home, published Feb. 28

You would think before putting someone in a fricking body bag, you would ensure that they were actually dead. Whoever signed off on this guy's death should be fired and have their licence revoked. **Grrrrrrrrr posted to metronews.ca**

maybe he dropped in for a cold one **CrazySnail posted to metronews.ca**

how many times has this happened and NOT been caught? **BUBBLE WHACK posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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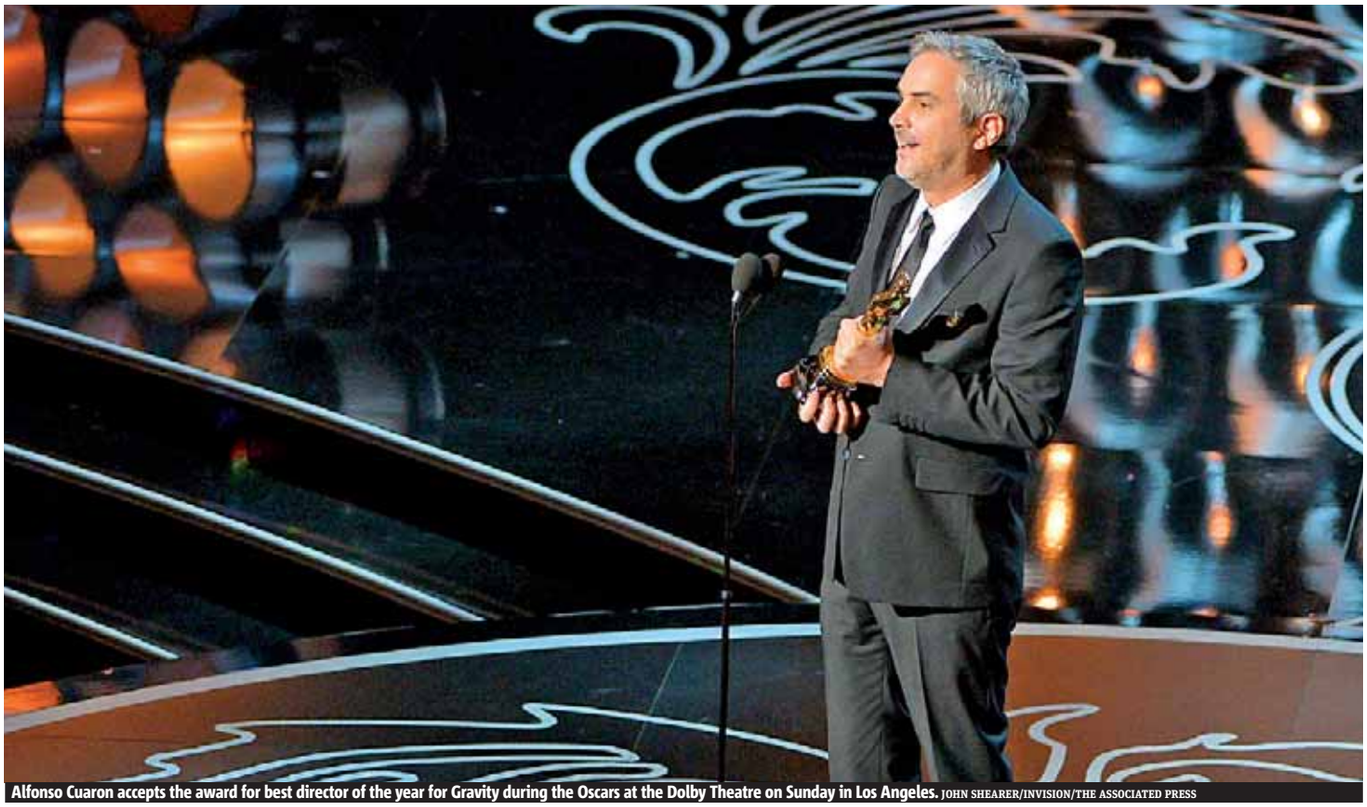

Alfonso Cuaron accepts the award for best director of the year for Gravity during the Oscars at the Dolby Theatre on Sunday in Los Angeles. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

Only best picture escapes the mighty pull of Gravity

And the Oscar goes to ... Many categories were considered a foregone conclusion, so all eyes were left on best picture and supporting actress

NED EHRBAR
Metro World News in Hollywood

While Gravity pulled off a near-sweep at the Academy Awards, it was the gripping historical drama 12 Years a Slave that took the top prize, with Steve McQueen's harrowing retelling of the trials of Solomon Northup winning the Oscar for best picture Sunday night in Hollywood. Despite losing out to 12 Years a Slave, Aflonso Cuaron's technological marvel was the clear leader, dominating the show with wins for directing, cinematography and editing, among others. David O. Russell's American Hustle, by contrast, was completely shut out.

With many of the main categories considered a foregone conclusion after a lengthy awards season that pushed freshly minted Oscar winners Matthew McConaughey, Jared Leto and Cate Blanchett to the front of the pack, all eyes were on the few remaining categories left up in the air, including best supporting actress. In that race, Lupita Nyong'o (12 Years a Slave) bested closest rival Jennifer Lawrence (American Hustle), earning an Oscar for her first film role. "It doesn't escape me for one minute that so much joy in my life is because of so much pain in someone else's," Nyong'o said in an tear-filled, emotional acceptance speech. "When I look down at this golden statue, may it remind me and every little child that no matter where you're from your dreams are valid."

As for Leto, the first-time nominee kicked off the night with an expected win for his portrayal of transgender AIDS patient Rayon in Dallas Buyers Club. Leto honoured his mother while accepting his award. "Thank you for teaching me to dream," he told her from the stage. "To all the dreamers out there watching around the world in places like the Ukraine and Venezuela, I want to say that we are here. ... We're thinking of you tonight."

This image released by Ellen DeGeneres shows actors front row from left, Jared Leto, Jennifer Lawrence, Meryl Streep, Ellen DeGeneres, Bradley Cooper, Peter Nyong'o Jr., and, second row, from left, Channing Tatum, Julia Roberts, Kevin Spacey, Brad Pitt, Lupita Nyong'o and Angelina Jolie as they pose for a "selfie" during the Oscars. ELLEN DEGENERES/THE ASSOCIATED PRESS

Host Ellen DeGeneres, returning to the job after leading the show in 2007, took the torch from Seth MacFarlane and promised a ceremony with less song-and-dance and less controversy. She kicked off the show in a sparkly blue tuxedo and a joke about the inclement weather in Los Angeles last week. "We're fine," she assured the audience. She also attempted to reassure the nominees that it wasn't about the competition. "Who are we kidding? It's the Hunger Games," she soon admitted. "You're starving, there are cameras everywhere and Jennifer Lawrence won last year." But after a strong start, the ceremony quickly took on a lagging pace, seeming to drag on with extraneous segments focusing on the show's theme of celebrating heroes. And though DeGeneres had vowed to be more involved in the show beyond the first half hour — unlike previous hosts — that promise didn't appear to bear out.

Online

Visit metronews.ca for more Oscar coverage and a full list of winners.

John MacKay, former editor of Fashion magazine and pop culture reporter, gives us his picks for Oscar's best-dressed list — and who missed the mark

Red-hot on the red carpet

1 Most anticipated dress — that didn't disappoint: Cate Blanchett in Armani — plus loyalty to an old friend.

2 Chicest Couple: Olivia Wilde and Jason Sudeikis, she in black Valentino, he in a midnight blue Prada tuxedo. Good taste, good looks and a pregnancy to boot!

3 A host outshines the stars: Ryan Seacrest, hosting E's red carpet coverage wearing an off-white Burberry dinner jacket (he calls it "custard cream") rather than the usual black.

4 Best red on red: Jennifer Lawrence on the red carpet in red Christian Dior. Keeping with her Oscar tradition, Lawrence tripped, but recovered the only way this woman knows how: with a laugh.

5 The one exception: In a rare misstep, newly blonde Julia Roberts is sadly, surprisingly, dowdy.

Ebooks

Year In Focus 2013

By. Getty Images

Kindle/iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Proof that a digital book can hold more photos than paper, this retrospective from Getty Images is a wealth of zoomable slide shows and interactive panoramas that place you at sporting events, concerts, and red carpet galas. Video reports revisit the year's scandals and conflicts while archives and obituaries travel through lives of influence. Every page preserves an extraordinary second.

Razzies

Forget the best, who's the worst in Hollywood?

Has Adam Sandler's dubious dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honours from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his Grown Ups 2 being nominated for nine Razzies. Instead, the top honour went to star-studded sketch-comedy omnibus Movie 43, which won worst director for its 13 directors and worst screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed worst actor for his work alongside dad Will Smith — and worst supporting actor winner — in the sci-fi flop After Earth. The father-son duo also earned a trophy for worst screen combo. And Johnny Depp's disappointing The Lone Ranger was named worst remake, rip-off or sequel, making it the only Oscar-nominated film (for best makeup) to win a Razzie this year.

NED EHRBAR/MWN

Norma Bates' family may be troubled, but Vera Farmiga is doing just fine

Bates Motel. Actress dishes on season two, Freddie Highmore and her real-life children

Vera Farmiga, of Bates Motel, with Freddie Highmore, who plays her son on the show. MATT SAYLES/INVISION/THE ASSOCIATED PRESS FILE

In the television show Bates Motel, Vera Farmiga's character has a dysfunctional relationship with her future serial killer son Norman, played by Freddie Highmore. In reality, Farmiga says, she and Highmore share a much healthier bond: He's even her child's godfather.

Farmiga said Highmore immediately bonded with five-year-old Fynn in Vancouver, where Bates Motel is filmed and Farmiga and her family moved for the duration of the series. The Oscar-nominated actress said Highmore, whose family is in London, has become something of a surrogate son himself, playing swords and Legos with Fynn on the weekends.

Farmiga, who also has a three-year-old daughter with her husband, musician Renn Hawkey, said Highmore has become such a fixture in Fynn's life that she and her husband decided it's "a relationship that deserves the title."

On screen, though, the relationship will not go as smoothly between Farmiga's character, Norma Bates, and her son in season two of A&E's modern-day Psycho prequel. Farmiga says Norma seems optimistic at the start of the season despite the violent and deadly encounters of season one, her reveal that she was sexually abused as a child and the question of whether Norman murdered his high school teacher.

"At the beginning of season two, she thinks she's got her neuroses under control," Farmiga said in a recent interview.

Norma is also open to romance again, with Michael Vartan (Alias) joining the show as her love interest.

Norma, the actress said, doesn't think she has any choice but to persevere.

"You're a single mother of this child that you feel is potentially unraveling," she said of Norman, who maintains his newfound interest in taxidermy in the hotel basement.

Anyone familiar with Psycho knows this is a story that doesn't end well, and Farmiga said despite Norma's attempt to put a positive spin on their lives, the situation quickly worsens. Farmiga said the teacher's death "is a big source of this orientation and terror for Norman, which in turn Norma will try to sort of solve."

And despite an upturn in business at the Bates Motel, work begins on that pesky bypass road that threatens to divert traffic away and Farmiga noted that "there's still a stigma attached to the property." Ever the optimist, Norma sets out to change people's minds and that means going into the community, and, Farmiga said, "That's going to be challenging for Norma."

THE ASSOCIATED PRESS

Season two

The second season of Bates Motel premieres Monday at 9 p.m. on A&E.

Feeling positive

"At the beginning of season two, she thinks she's got her neuroses under control."

Vera Farmiga, star of Bates Motel, on her character's mindset

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Crowe, Crowe, Crowe your boat gently toward the Pope…

STARGAZING
Malene Arpe
scene@metronews.ca

Russell Crowe has been tweeting the Pope, inviting him to come watch Russell's new movie Noah. The Pope finally tweets back, "Already know that story, Gladi8r-boy. But really looking forward to Guardians of the Galaxy #rocket-raccoon."

An expert says that the recent proliferation of selfies is leading to a worrying increase in head lice. See, that's why I don't ever put my head next to someone else and take a picture, not because I don't have any friends.

Alec Baldwin announces that he's leaving public life for the following reasons: 1) He's too sensitive to deal with the haters. 2) Everyone in the world doesn't think and behave the way he wants them to think and behave. 3) Too many head lice.

Paula Deen declared that she's "back in the saddle." She added, "On a white horse, of course."

Skeet Ulrich will be playing two roles, a zombie and the zombie's priest brother, on an NBC show called Babylon Fields. But only because the sitcom Slow Dancing, which was about a werewolf family fighting childhood obesity in space, didn't work out.

David O. Russell says he made Jennifer Lawrence cry by spoiling the ending of Anna Karenina for her while she was reading it. Way to go throwing Jennifer under the train for being a crybaby.

Drake ALL PHOTOS GETTY IMAGES

'Difficult to manage' Drake dropped by PR firm

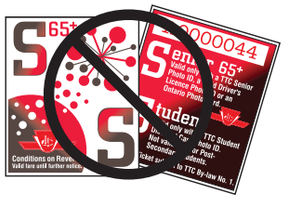
Drake is quickly earning himself a reputation for being difficult to work with after reportedly being dropped by his public relations firm, according to Page Six. The move was reportedly in response to Drake's outburst over being replaced on the cover of Rolling Stone by the late Philip Seymour Hoffman, and sources tell the Hollywood Reporter that the rapper "has been known to be difficult to manage." Making matters worse, he's apparently taking career advice from a group of friends from Toronto going by the name October's Very Own. "It's a shame that someone with so much talent is surrounded by kids who are burning bridges left and right," a source tells Page Six.

Gwen and Gavin announce their Apollo landing

Gwen Stefani and husband Gavin Rossdale welcomed their third son on Friday. "Welcome Apollo Bowie Flynn Rossdale," the Bush front man and proud father announced via Twitter, explaining that Bowie and Flynn are he and Stefani's mother's maiden names. Stefani and Rossdale, who have been married for 11 years, are also parents to sons Kingston, 7, and Zuma, 5.

Gavin Rossdale and Gwen Stefani

Effective March 1, 2014



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Gail blogs daily at gailvazoxlade.com

Used wisely, a credit card offers a no-cost way to build your credit file. ISTOCK

People are under the impression that I hate credit cards. Nothing could be further from the truth. I actually use my credit card for most of my purchases. What I hate is the idea of paying interest. I NEVER buy anything for which I do not already have the money set aside, so the balance is paid off in full every month.

Not having a credit card often means not having a credit history: The file that shows how you are at managing credit. This is something we usually associate with older, widowed women who have been cared for by loving, controlling spouses. But not having a credit history isn't the domain on slightly out-of-touch women; there are men out there who haven't got a clue because their wives do everything. And it isn't the exclusive territory of our elders; there are young professionals who haven't bothered to establish their own credit identities.

Everyone needs to have the ability to borrow money. Regardless of how you use credit, to get it you need to have a history to prove you can use it responsibly. And the fastest, cheapest and easiest way to establish a credit history is with a credit card.

If you have no credit history at all — or you've destroyed your credit history and need to rebuild from scratch — you'll need to have sufficient assets to secure your first foray into credit. Most people overlook credit cards as an option because they don't realize a credit card can be secured.

With a secured credit card, you put up cash to cover your balance. Lenders often want twice the credit card limit, so if you want a $500 credit limit you'll have to ante up $1,000. Once you've established your ability to manage the card — anywhere from six months to a year — you can ask for the security requirement to be dropped and your deposit returned.

Secured or unsecured, a credit card can be the cheapest way to build your credit file. In the old days, you had to take a loan, which you then repaid to establish yourself. All the while the interest clock was ticking. So you were "buying" your credit history. With a credit card, you can build a credit record without it costing you a cent. That's because credit cards let you use the issuer's money for a specific period of time interest free. And as long as you repay the outstanding balance in full every month, you can continue to use that credit at no cost. What a deal!

There are three kinds of credit cards: Travel and entertainment cards (like American Express, Diners Club) which don't have preset spending limits but which must be repaid in full each month. Company or retail store cards that are accepted by the issuing company and usually charge the most outrageous rates. And bank issued credit cards that let you "revolve" credit by paying a portion of your balance each month.

Banks do all kinds of things to get you to sign up for their cards. One of the most effective tools they have are teaser rates: Those low interest rates offered as an enticement for you to sign up for the card that last for a specific period of time. And only for as long as you pay on time. Pay attention to the terms and the expiry period, and make your payments well before the due date so you don't get caught when that low introductory rate skyrockets.

The type of credit consumer you are should dictate the type of card you have. If you find yourself carrying a balance, while you work on getting your balance paid off, search for a card with the lowest rate and transfer your balance to that new card. If you pay off your balance every month, you can go with a card that has higher interest — who cares, you're not paying interest anyway — that also offers features like frequent flier miles, cash back, or special insurance options. Just make sure the payoff is worth the price of the annual fee if there is one.

Credit cards can be invaluable when it comes to establishing a credit history. Get one, charge everything, pay it off — all off — every month, and in no time flat you'll have a credit history that will earn you preferential rates when next you need to borrow money for something important.

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Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Only Some Hospital Parking Can Be Claimed, But Everyone Should File A Return

Q I am working part-time while going to college. I didn't earn very much last year. Do I need to file?

A Absolutely. I would encourage any college or university student to file. Even if you earned no income, once you turn 19 you may be eligible for the GST/HST benefit. You have to file to receive it but it will be worth it when a little extra money arrives every three months. You must claim your tuition and education credits each year even if you can't use them. You may not benefit from the credits right now, but once you are working and paying tax, the carry forward credits mean a nice tax break. Or you can transfer up to $5,000 in credits to your parents, grandparents or spouse.

Q Can you claim hospital parking fees as a medical expense?

A It depends. If you have to travel 80km or more, you can claim mileage, and parking as well as accommodations and meals for you and an attendant. But if the hospital is closer to home, the parking fees can't be claimed as a medical expense.

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'Round the world wisdom

Reframe failure and learn from your competitors

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The wisdom gained from a dash of defeat can be as golden as the medal itself. ISTOCK

When taking on a new project we define our own benchmark of success. After unexpectedly winning the 2010 Atacama Crossing in the team category, I returned to the Sahara Race to try to repeat. Our success would be defined by one word: winning. As things would unfold, however, we placed second and I would need to reframe the experience to another positive outcome.

On Day 1 we trailed the Spaniards, Day 2 we led, and by Day 4 we lagged behind the Italians by 35 minutes. On Day 5, the race consisted of a double marathon (90 kilometres), a distance long enough to make up the time. Our plan was to attack at the 55-kilometre mark.

At that point, we repeatedly attacked and ran inches from each other without speaking for what seemed like an eternity, ultimately concluding the Italians weren't going to break. We conceded the overall race and agreed to finish the double marathon together, and the race shifted from adversarial to full-on collaboration, helping each other reach the finish line. No longer competing for the win, we openly shared all our race tactics as well as our training secrets. I had been training with a mask-based hypoxicator system where the barometric pressure is kept the same but the oxygen content is reduced, replicating 4,000 metres of altitude along with its known medical benefits. Meanwhile, the Italians detailed how they trained on the beach running with their eyes closed, to be at one with the sand.

Fast forward to last week: I signed up to run another desert.

Sure enough I found myself running on the beachfront with my eyes closed.

It reconnected me to the fact that the most painful moment of my Sahara experience was also a learning moment that wasn't lost on me.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Raise a glass to the ladies of libation

Maria Romero competes in the first-ever women's division of the annual Napa Valley Grapegrowers' pruning competition at Beringer Vineyards' Gamble Ranch in Yountville, Calif. ERIC RISBERG / THE ASSOCIATED PRESS

It's about wine. Female vineyard workers show cutting edge skills as they make debut in Napa pruning contest

Every year for the last 12 years the vineyard workers of the Napa Valley have gathered in the soft light of a mid-winter morning, shears at the ready, game faces on, each eager to prove he's the best man on the job.

But this year, there was something a little different about the Napa Valley Grapegrowers' pruning competition. Some of the contestants lining up to hack and slash at the overgrown vines were women.

"There's been this perennial conversation about, 'Do we include women in the competition?' And the answer's always been, 'Not yet,'" explained Jennifer Putnam, executive director of the group. "This year we looked around the room and just thought, 'Yes, it's time.'"

And it was.

Not only did the newcomers to the event compete hard, posting excellent scores in technique and quality, organizers announced some hours after the event that the women's first-place winner, Celia Perez of V. Sattui Winery, had the highest scores for both men and women.

Talk about a dazzling debut.

The decision to open up the contest to women marks a change in what used to be the nearly exclusively man's world of vineyard work. There are a lot more women to be seen working in the fields, something that accelerated after the 2008 recession swallowed up other jobs.

Meanwhile, the idea of vineyard equality has become accepted as women have progressed, some becoming leaders of "A" crews, the much-sought after top harvest teams. "The cultural shift has now taken place where we felt like the women would be comfortable enough coming to the competition," said Putnam.

Pruning is an important part of vine husbandry that focuses the new growth on vines and helps determine what the next harvest will look like. Different techniques are used for different grapes and climates, and skill is as important as speed. For the growers' contest, workers are first judged on technique, then winners are ranked by time and the finalists battle it out for first through fourth place.

On the line are cash, tools, clothing — and pride.

THE ASSOCIATED PRESS

Falling in vine

> **"This year we looked around the room and just thought, 'Yes, it's time.'"**
>
> **Jennifer Putnam**
> Executive director of Napa Valley Grapegrowers

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Turkey burgers are a healthier choice than beef and taste delicious. Feel free to use ground chicken as well.

Consider that 4 ounces of ground beef contains 250 calories, 17 gm of fat and 7 gm of saturated fat. Ground turkey contains only 128 calories, 7 gm of fat and 2 gm of saturated fat for 4 oz.

That's a significant difference to your diet.

You also have a choice of white or dark ground turkey. The dark turkey has slightly more calories and fat but is still lower than beef. Often a combination of both white and dark turkey make a delicious and moist burger.

Turkey is an excellent source of lean protein and contains the amino acid tryptophan, a building block of the brain compound serotonin, which induces better sleep and calmness, something we all need!

The Asian flavors go well with turkey. You can find these ethnic ingredients in the Asian section of supermarkets.

The slaw is prepackaged and found in the lettuce section of your grocery store. Feel free to make your own slaw, by grating some white, red or green cabbage, carrots and broccoli.

No need for a bun, but feel free to serve over a whole grain roll with sliced tomato and an extra dollop of hoisin sauce.

You can make these burgers ahead of time, uncooked and freeze for later use.

The recipe for Asian Turkey Burgers with Slaw Topping recipe makes 4 servings. ROSE REISMAN

Directions

1. Burgers: Mix all ingredients until combined and make four patties.

2. Grill patties in a skillet sprayed with vegetable oil for 5 minutes per side or until temperature reaches 165 F.

3. While cooking burgers, combine slaw topping. Serve over burgers.

Ingredients

Burgers
- ¼ cup finely diced onion
- 1 lb ground turkey
- ¼ cup panko Japanese crumbs or unseasoned bread crumbs
- 3 tbsp hoisin sauce
- 1 ½ tsp minced ginger
- 1 tsp minced garlic
- 2 tsp soy sauce
- 1 tsp hot sauce (sriracha)
- 1 tsp sesame oil
- 3 tbsp chopped cilantro

Slaw topping
- 2 ½ cup packed coleslaw
- 1 tbsp hoisin sauce
- 1 tsp minced ginger
- 1 tsp sesame oil
- ½ tsp hot sauce
- 2 tbsp chopped cilantro
- 1 tsp sesame seeds

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Stepping up vs. Steph

NBA. DeRozan wins battle between premier swingmen as Raptors get some payback against Warriors

On Sunday

104	98
Raptors	Warriors

DeMar DeRozan had zero intention of losing to the Golden State Warriors for a second time this season.

DeRozan had one of his best games of the season as he scored 32 points to lead the Raptors past the Warriors 104-98 on Sunday afternoon, with the memory of Toronto giving up a 27-point lead to Golden State in December still lingering in his mind.

"It was a big win, big win against a great Western Conference team," DeRozan said. "Especially with the way we lost at their place. The way that we lost was definitely tough, we understood that coming into tonight so it was definitely a big win."

DeRozan downplayed his own stellar offensive output.

"I just got out and played, to be honest," DeRozan said. "Just try to go out there and play to win. I understand that every game we go out and play, how important it is."

DeRozan did more than just play Sunday. He won the battle against Stephen Curry to give Toronto its first win against the Warriors with Golden State's all-star guard in the lineup.

While Curry finished with 34 points on 13-for-27 shooting, DeRozan put in an all-star performance, scoring his 32 points on 10-for-16 shooting from the floor and 11-for-12 from the line. He also recorded four rebounds, six assists and a steal.

Kyle Lowry added 13 points and eight assists for Toronto (33-26).

Curry had a game-high 34 points for Golden State (36-24) and David Lee added 20 points and 11 rebounds.

DeRozan was effusive in his praise of his point guard.

"Whatever I say about Kyle is an understatement," DeRozan said. "We go off him to be honest, man. We just ride off him, that's a hell of a player right there. He's the reason why I'm getting 30 points."

Golden State went ahead by five points early in the fourth before the Raptors reeled off an 11-0 run to take a 92-86 lead with less than six minutes left. DeRozan scored 12 of his 32 in the final quarter.

"We just lost our composure on the offensive end a little bit and didn't play solid enough on the other end in the last five minutes," Curry said. "We had a five-point lead with eight minutes left, they went on an 11-0 run and we didn't have an answer for it."

THE CANADIAN PRESS

More from DeMar

"Everybody in this locker-room really wants to make the playoffs so I'm just going out there doing whatever I can."

Raptors shooting guard DeMar DeRozan

Amir Johnson finishes a big dunk over Warriors forward David Lee during the Raptors' win on Sunday at Air Canada Centre. RICK MADONIK/TORSTAR NEWS SERVICE

Spring training

Beltran, Bautista trade homers in Yankees' victory

Carlos Beltran homered for his first hit this spring, leading the New York Yankees past the Toronto Blue Jays 8-2 on Sunday.

Jose Bautista hit his second homer in exhibition play for the Blue Jays. THE ASSOCIATED PRESS

NFL

Bills' contract talks with Byrd stuck in standstill

Contract talks between the Bills and safety Jairus Byrd were at a standstill on Sunday, a day before Buffalo faces a deadline to apply the franchise tag on the three-time Pro Bowl selection.

A person familiar with the situation told The Associated Press the Bills made a multi-year offer to Byrd that would have paid him about $30 million over the contract's first three seasons.

THE ASSOCIATED PRESS

Creased forehead

"That's a consideration for sure, there have been too many goals scored in the last two games."

Toronto head coach Randy Carlyle hinting that James Reimer might get the start on Monday night when the Maple Leafs host the Columbus Blue Jackets. With Jonathan Bernier in net, the Leafs have lost 5-4 to the New York Islanders and 4-3 to the Montreal Canadiens in their two games since returning from the Olympic break.

Now you Ceci me! Sens win under dome

Ottawa Senators defenceman Cody Ceci scored the game-winning goal against the Canucks in the Heritage Classic on Sunday at BC Place Stadium in Vancouver.
JONATHAN HAYWARD/THE CANADIAN PRESS

Senators rookie Cody Ceci is trying to help his team by helping his own cause.

Ceci's second-period goal stood up as the winner as the Ottawa Senators downed the Vancouver Canucks 4-2 before a disappointed crowd of more than 50,000 people Sunday in the NHL Heritage Classic.

"It means a lot," said Ceci, a 20-year-old Ottawa native. "These are points that we need right now going down the stretch, and it means a lot to me. I'm just trying to earn my spot here."

Heritage Classic

4	2
Senators	Canucks

The Senators (27-23-11) kept pace in the race for the eighth playoff berth in the Eastern Conference. The Canucks (28-25-10) suffered their ninth loss in 10 games and remained on the bubble in their quest for eighth in the West.

Ceci put the Sens ahead 3-2 midway through the second. The defenceman moved up, took a pass from Jason Spezza, and fired home a shot from right wing.

He helped the Sens make a classic comeback as they produced four unanswered goals after trailing 2-0 in the first five minutes. The score was tied 2-2 after the first period before Ceci decided the outcome in the second.

THE CANADIAN PRESS

Andrew Wiggins of the Kansas Jayhawks takes a shot against the Texas Longhorns, Feb. 1, in Austin, Texas. STACY REVERE/GETTY IMAGES

Andrew, Nick poised to make deep impact

March Madness. Inseparable Wiggins siblings eye NCAA tournament glory

Nick Wiggins reacts after sinking a 3-point shot against Loyala-Chicago, Jan. 28, in Wichita, Kan. PETER AIKEN/GETTY IMAGES

Nick Wiggins stood on the court at Koch Arena with one arm around mom, the other around dad, his second-ranked Shockers having just finished a 31-0 regular season.

For once, it was the older brother of Kansas star Andrew Wiggins getting all the attention.

Now, with the NCAA tournament right around the corner, the two brothers — and their teams — are ready to become the story of March.

Wichita State heads into the Missouri Valley Conference tournament this week riding the best start since UNLV in 1991, while the fifth-ranked Jayhawks have wrapped up the outright Big 12 title — the 10th straight championship for the storied program.

If things transpire as most bracketologists believe, Wichita State will be a No. 1 seed in the NCAA tournament and Kansas a No. 2 seed, quite possibly in the same region.

And if everything went according to script, they would meet for a spot in the Final Four.

"Believe me, they'd want to face each other," said their father, former NBA first-round draft pick Mitchell Wiggins, "but I think they'd rather play each other in the final."

"Don't ask me," chirped their mother, Marita Payne-Wiggins.

The Canadian brothers are about as close as could be. Nick and several of his Wichita State teammates made the two-hour trip north earlier this season to watch Andrew lead the Jayhawks against Baylor, and more than once, Andrew has made the trip back south to hang out with his biggest fan.

They have relied on each other, along with their parents, to stay grounded during this memorable season. Not even the pressure of the NCAA tournament can tear apart those family bonds.

In fact, one of the reasons Andrew chose Kansas over just about every other major program in the country was that Nick was just down the road at Wichita State.

It turned out to be good for their parents. Mitchell and Marita were able to watch Nick and the Shockers dispatch Missouri State on Saturday to finish off a perfect regular season, a victory capped by a senior day ceremony in which Nick received a framed version of his No. 15 jersey. THE ASSOCIATED PRESS

PGA

Back problems force Tiger out

The road to the Masters got off to a bumpy start Sunday for Tiger Woods when he withdrew from the Honda Classic with what he said was a lower back injury.

Woods was 5-over par for the final round — 12 shots behind Rory McIlroy at the time — when he shook hands with Luke Guthrie on the 13th green and told him he was done.

Russell Henley made good on his second chance at the 18th hole to win the tournament in a four-man playoff.

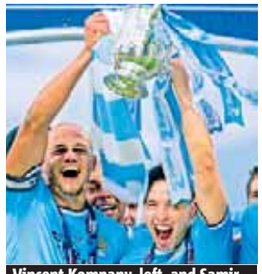
The closing hour was a series of blunders at PGA National, particularly by McIlroy, who lost a two-shot lead by closing with a 74. Russell Knox, Ryan Palmer and McIlroy all made par in the playoff.

Woods said through spokesman Glenn Greenspan it was a lower back problem that had started Sunday morning as he was warming up.

The speculation over his future figures to be a big buzz leading to the Masters next month.

THE ASSOCIATED PRESS

Soccer. Yaya! City wins first trophy for Pellegrini



Vincent Kompany, left, and Samir Nasri celebrate their League Cup triumph. JON SUPER/THE ASSOCIATED PRESS

An exquisite equalizer from Yaya Touré sparked a second-half comeback by Manchester City in the League Cup final on Sunday, with a 3-1 victory over Sunderland giving Manuel Pellegrini his first trophy as manager.

Returning to the stadium where Roberto Mancini's City career ended in an FA Cup final loss last May, further Wembley misery appeared to be beckoning when Fabio Borini put Premier League struggler Sunderland in front after 10 minutes.

Instead, City, which has now scored 121 goals this season, remains on course for an improbable quadruple that would require all the resolve displayed in the second half to complete.

After a flat first-half performance, the recovery began after Toure nonchalantly curled into the net from 30 yards (meters) in the 55th minute, with Samir Nasri volleying home City's second inside two minutes.

Jesús Navas completed a counterattack to add the third in the 90th minute.

City is in the Premier League title hunt and has reached the FA Cup quarterfinals, but must overturn a 2-0 deficit against Barcelona to advance in the Champions League from the round-of-16 stage. THE ASSOCIATED PRESS

Mark of a champion

"We said that we need to stay calm, to remain focused and play football."

Manchester City midfielder Samir Nasri reflects on his team's frame of mind after trailing Sunderland 1-0 at halftime in Sunday's League Cup final

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Horoscopes

♈ Aries
March 21 - April 20
The Sun links with power planet Pluto today, so it's unlikely you will be in the mood to stay home and bake cookies. There is a world out there and you have the talent to be Number One.

♉ Taurus
April 21 - May 21
If you take a risk over the next 24 hours it will more than likely pay off. No matter how powerful your rivals may be you have what they do not – staying power and no fear.

♊ Gemini
May 22 - June 21
No matter what you turn your hand to over the next few days it will work out better than you expected. You are going to accomplish something special indeed.

♋ Cancer
June 22 - July 23
Never doubt that you have what it takes to succeed. Never doubt that you belong at the top with the best. Today's Sun-Pluto link will inspire you to believe all things are possible.

♌ Leo
July 24 - Aug. 23
The week ahead will be busy in the extreme but you're ready for the challenges that will come your way – in fact you're eager for them. Don't wait for others to take the lead, take it yourself.

♍ Virgo
Aug. 24 - Sept. 23
You may have to get tough with someone who has let you down but make sure you don't let your anger take over because if you go too far you will lose your credibility.

♎ Libra
Sept. 24 - Oct. 23
You won't stop impressing people with your ideas, both at home and at work others will look up to you as the one person they can trust to see things as they really are.

♏ Scorpio
Oct. 24 - Nov. 22
How much confidence do you have in your abilities? Hopefully it's a lot because with the Sun linked to your ruler Pluto there are going to be some big changes coming.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things are more difficult than others but this will be one of those days when everything comes easy to you. With the Sun linked to Pluto, planet of power, there is nothing you cannot do.

♑ Capricorn
Dec. 22 - Jan. 20
Don't let your suspicious nature get the better of you today because there is little you have to worry about. Pluto in your sign means others should be more afraid of you than you of them.

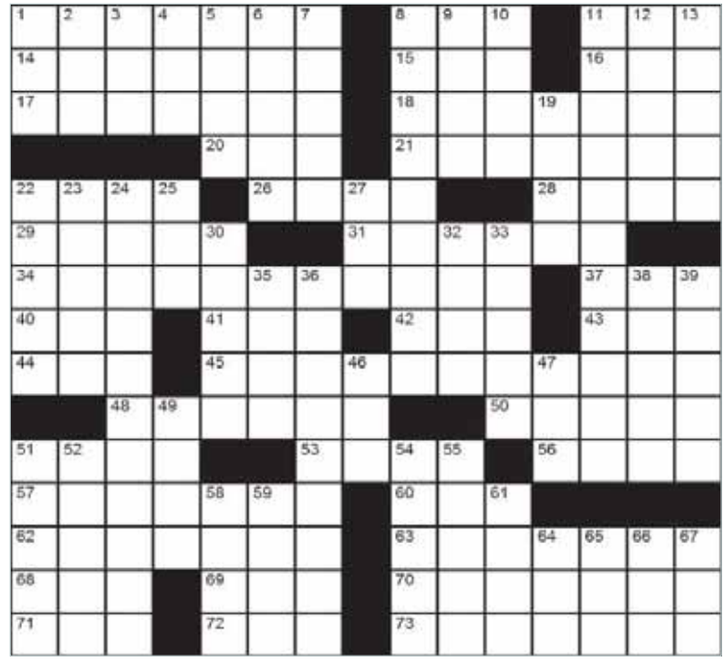
♒ Aquarius
Jan. 21 - Feb. 19
Remember today that even an Aquarius has limits. It may feel as if you can take on the world and win but there may be a downside if you come on strong when you don't have to.

♓ Pisces
Feb. 20 - March 20
The world will see your passionate side today and even your friends will be amazed at your determination. Those who thought you were all talk are about to be proved wrong. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



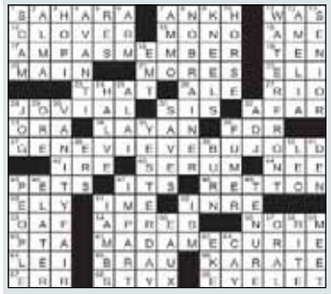
Across

1. Pharaoh's pride
8. Nancy Grace's station
11. Canada's dance music channel
14. Escape legend
15. Storm's centre
16. Can. neighbour
17. Spring Training locale for the Toronto Blue Jays
18. Gobbled down the food
20. 'Senor' suffix
21. __-__ protester (Fashion show attendee, at times)
22. Sovereign's staff
26. Ex-love of Britney's ex-love Kevin
28. Built
29. Jim Croce's "_ __ _ Name"
31. Hertz pickup
34. Canadian correspondent on "The Daily Show with Jon Stewart": 2 wds.
37. Against [abbr.]
40. Sun lotion number
41. Never: German
42. 'Carot' completer
43. Scot's 'own'
44. Royal officer, for short
45. Great alum of "American Idol": 2 wds.
48. Yellow-green hue
50. Deliver the summons
51. Mr. Garfunkel, Heather __
53. Look for
56. Australian greeting!
57. Make mention of: 2 wds.
60. Jewellery sparkler
62. Canadian artist Mr. MacDonald (b.1901 - d.1989)
63. Indigo CEO, cute-style
68. Tic-Tac-Toe win
69. Fitting
70. Closed-off area
71. Brit. word/reference work
72. __-di-dah
73. Riot spray: 2 wds.

Down

1. High degree
2. "__, too?!?"
3. Bleed
4. 'Block' suffix
5. Skirt length
6. Monogram components, for short
7. Showbiz personality Ms. Shore
8. 1962 Crystals hit: 3 wds.
9. Ms. Redgrave
10. Organized
11. Old West sight: 2 wds.
12. Pretension person
13. Mother, in Madrid
19. Terza __ (Italian verse form)
22. Grammy-winning artist, __ Elliott
23. Awestruck
24. Mashed potatoes, as an example: 2 wds.
25. Greek letter
27. The Altar constellation
30. Ms. Paquin's
32. "99 Luftballons" by __
33. Overbrims
35. Clothes-washing brand
36. What many Canadians do at Spring Break: 2 wds.
38. PEI's motto, __ sub Ingenti
39. Rocker Mr. Wentz, fun-style
46. Li'l Abner character, Daisy __
47. Say "Pretty, please!"
49. Glaring glancer
51. Spelled-out "Star Wars" (1977) character, __-Detoo
52. Use a garden shed tool once more
54. Type of heron
55. Carolyn __ (Name behind 'Nancy Drew' stories)
58. Tangible
59. Bark-made cloth
61. Isinglass
64. 35mm camera variety, briefly
65. Maclean's, e.g.
66. Marilu's role on '90s comedy "Evening Shade"
67. Belonging to maha's li'l state

Friday's Crossword

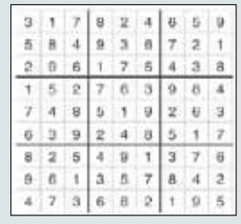


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	3	6			7			1
	7	5	3			9	4	
2				9		5		
				3	1	2	5	
			2		9			
	9	2	4	5				
		4		2				8
	5	3			4	6	9	
7			8			4	1	5

Friday's Sudoku



Today
-14°/-24°
Sunny

Tuesday
-12°/-21°
Flurries
40%

Know what the weather will be 14 days from now.
Check the 14 day trend.
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